



Weakley County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Weakley County School System in the 2007-2008 school year. Data collection for the entire county began in the 2008-2009.

CSH Infrastructure Established:

An infrastructure for CSH has been developed for the Weakley County School System that includes:

- School Health Advisory Committee
- Eleven Healthy School Teams
- School Health Policies strengthened or approved include the county wellness policy and school nursing policies
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$64,996.38

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Weakley County Health Council-Public Health Educator | ➤ TN Technology Center Nursing Department |
| ➤ Weakley County Health Council | ➤ UT Ag Extension |
| ➤ University of Tennessee at Martin Nursing Department | ➤ Regional Health Office-Union City |
| ➤ Weakley County Prevention Coalition | ➤ TENNderCare-County Outreach |
| ➤ Weakley County Diabetes Coalition | ➤ Weakley County Backpack Program |
| ➤ Weakley County TN-CEP Coalition | ➤ University of Tennessee Health and Human Performance Department |
| ➤ Delta Rural Health Initiative (RHI) | ➤ Martin Housing Authority |
| | ➤ J.C. Carey P.A. |
| | ➤ A.B. Marlar, P.A. |
| | ➤ Dr. Danny Donaldson, Optometrist |
| | ➤ Dr. Frances Bynum, Optometrist |
| | ➤ Sideline Fitness Center |
| | ➤ Lions Club |

Parent and Student Involvement

Fourteen parents have been involved in numerous CSH activities that include school screenings, School Health Advisory Council, and Healthy School Teams.

Seventeen students have been engaged in CSH activities that include Food Fiesta, school screenings, and recording public service announcements on the radio.

School Health Interventions

Since CSH has been active in the Weakley County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers

Referrals	Vision	Hearing	Blood Pressure	BMI	Scoliosis
2008-2009 2,032 students were screened	13%	15%	.01%	44% Total 42% overweight/obese 2% underweight	.02%
2009-2010 1945 students were screened	16%	11%	.01%	43% Total 39% overweight/obese 4% underweight	.08%
2010-2011 1966 students were screened	15%	9%	.01%	43% Total 39% overweight/obese 4% underweight	.09%

School nurse visits and returned to class rates are as follows:

Year	Number of visits to school nurse	Number returned to class
2008-09	20,029	93%
2009-10	25,536	92%
2010-11	33,719	93%

Items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include school screening equipment, physical education equipment, and health education curriculum;

Professional development has been provided to school health staff. Examples include in-services for health, physical education, and wellness teachers, in-services for all school staff at the beginning of each school year, physical activity in the classroom in-services for all elementary school teachers, in-service for cafeteria staff, In-service for after school day care staff, and Michigan Model training for elementary school counselors;

School faculty and staff have received support for their own well-being through after- school exercise classes, corporate rates at fitness centers, courses on weight management, staff wellness newsletters, consults with registered dietician, and Email the R.D. service for staff.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – health education in grades K-5 is incorporated into guidance curriculum, health education is taught as a subject in grades 6-8, and Lifetime Wellness is offered in high school to 9th graders as a full credit.
- Physical Education/Physical Activity Interventions – physical education is offered to students grades in grades K-8. 9th graders receive physical activity as part of their wellness class requirements. 10th graders receive a half credit of physical education, TN Physical Activity Handbook and Take 10! manuals have been distributed to elementary school teachers to increase physical activity in the classroom, physical education equipment, to increase physical activity, has been purchased, and Walk across Tennessee is offered through Delta Rural Health Initiative for fourth graders participating in the Power U program;
- Nutrition Interventions – 4th graders receive a 10-week *Power U* nutrition curriculum, written by the UT Ag Extension, registered dietician has provided menu analysis for school lunch program, Nutrition Nuggets a monthly newsletter for parents on proper nutrition for their children is given in grades K-5, Food Fiesta which promotes nutrition and physical activity is presented by the UT Ag Extension Service, and a Registered Dietician provides 10 articles for the newspaper for parents and caregivers on proper nutrition.
- Mental Health/Behavioral Health Interventions – serves as a resource for school counselors and social workers as they work with students and their families.

In such a short time, CSH in the Weakley County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Amy Tuck
731-364-9945